



HUMAN SERVICES STAFF

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lexingtonma.gov/human-services

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TRANSPORTATION
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HOME DELIVERED MEALS
888-222-6171

Michelle's Minutes

The month of May is designated as both Older Americans Month and Mental Health Awareness Month. With these two designations important to the many seniors in our community, we felt it important to observe both designations, focusing on age-related needs and wellness initiatives for the community. For May we are offering multiple programs related to mental health for our seniors as well as the community, to create more of a multigenerational aspect to our offerings. Please take a look at our programming line-up and sign up for anything of interest to you! If you know someone who could benefit from what we offer, please share this information with them.

Mental Health Awareness Series

Sign-up at 781-698-4840 or online at [LexRecMa.com](https://www.lexingtonma.gov/mentalhealth)

Improve Your Sleep, Improve Your Stress,
Dr. Jessica Lipman - In Person
Thursdays, May 5, 12, 19, 26, 2:00 - 3:00 p.m.

Join Dr. Jessica Lipman, local psychologist, to explore coping skills for improving sleep, stress, and challenging times. This group will meet weekly for four consecutive weeks and will work collaboratively to develop new strategies that are effective towards meeting your goals. *Enrollment is for all four sessions. Attendance at all is strongly encouraged. Open to Lexington residents only.*

Gut Health = Mental Health - Virtual
Thursday May 19, 6:30 - 8:00 p.m.

There is constant communication that occurs between our gut and brain and that communication is affected by stressors in our lives. Understanding this crucial relationship can empower us to make positive changes in our mental health. Join Dr. Galanopoulos as she explains the connection between gut health and mental health.

Nutrition Talk: Mental Health - In Person
Friday, May 20, 11:00 a.m. - Noon

May is Mental Health Awareness Month. Come learn how proper nutrition can play a vital role in the treatment of mental health disorders.

Food = Medicine - Virtual
Thursday, June 16, 6:30 - 8:00 p.m.

If you want to learn how to cook simple, quick, and nutrient-dense dishes based on the Mediterranean Diet for overall health and positive mood, join Anastasia Galanopoulos, Ph.D., as a follow up to Gut Health = Mental Health.



For a full listing of May is Mental Health Month events visit: www.lexingtonma.gov/mentalhealth or scan the QR code with your smart phone's camera which will lead you to the website.



Human Services sign-up begins April 20 for residents/April 27 for nonresidents at 781-698-4840 or online at [LexRecMa.com](https://www.lexingtonma.gov/mentalhealth)

Sign-Up Programs at the Community Center

Sign-up begins April 20 for residents/April 27 for nonresidents
at 781-698-4840 or online at LexRecMa.com

A Musical Journey Through the Years - *In Person*

Monday, May 2, 2:00 - 3:00 p.m.

Join Tommy Rull and enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis, Perry Como and many more! ***This program is supported by the Lexington Cultural Council & the Massachusetts Cultural Council.***



Dale Tamburo: Take Care of Your Future - *In Person*

Wednesday, May 18, 1:00 - 2:00 p.m.

Attorney Tamburo will discuss long-term care, MassHealth and irrevocable trusts, asset protection and your home. Bring your questions.



Addressing Hearing Loss - *In Person*

Wednesday, May 4, 1:30 - 2:30 p.m.

Join us for an informative presentation detailing the signs of hearing loss, health and safety issues from untreated loss. Followed by a cleaning and check for those with hearing aids.



May Special Lunch - *In Person*

Thursday, May 19, 12:00 - 1:00 p.m.

Join us for skewered chicken with peppers and onions, salad and fresh pita bread.

Sponsored by Boston Kebab.

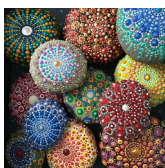


Expressive Art - Mandala - *In Person*

Monday, May 9, 10:00 - 11:45 a.m.

Have you tried Dot Mandalas before? This program is for any experience level! We will be creating dot mandalas on cds or coasters! You get to choose your canvas!

One person per household please.



Home Safety Checklist Presentation - *In Person*

Thursday, June 2, 11:00 a.m. - Noon

Join Peter Ricci, Lexington Fire Department and Wai Chong, Health Outreach Clinician as they walk you through your home safety checklist. They will talk about general fire safety as well as getting rid of old medications and "hazardous" materials.



Technology with Howard - *In Person*

Wednesday, May 11, 11:00 a.m. - 12:30 p.m.

Howard Loewinger will be taking one-on-one appointments to help with technology with your iphone, tablet or laptop, bring the device with you.

Cooking with Anastasia: Peas with Artichokes - *Virtual*

Friday, May 13, 11:00 a.m. - Noon

We'll prepare a nutrient-dense dish great for a liver cleanse with two seasonal spring vegetables, peas and artichokes. Dr. Anastasia Galanopoulos uses a trauma-informed lens to focus her work with clients on strengthening relationships and cooking for mental health in both preventative and therapeutic ways.



Classic Songs from Yesteryear - *In Person*

Monday, June 6, 2:00 - 3:00 p.m.

Singing guitarist Howie Newman plays classic songs of yesteryear, including Sinatra, Dean Martin and old rock 'n' roll. It's a sing-along, toe-tapping musical journey from the early 1900s through the 1960s. Howie also adds trivia, background stories about the songs and a little G-rated humor here and there.



This program is supported by the Lexington Cultural Council & the Massachusetts Cultural Council.

Minuteman Senior Services - *In Person*

Friday, May 13, 1:30 - 2:30 p.m.

Join us to learn about the services and supports Minuteman Senior Services has to offer residents of Lexington that will help you and or family members enhance health, well-being and independence throughout the aging process. There are action steps you can take today to empower yourself and your family and make your situation stronger.



Dale Tamburo: Estate Planning/Top 10 - *In Person*

Wednesday, June 8, 1:00 - 2:00 p.m.

Do you want a court, the legislature, your family, or your friends deciding what should happen if you die or become incapacitated? Instead, would you want to make your own decisions as to who will take of you, who will receive your property and assets, or who will make important decisions for us in the event we are unable to do it for yourself. Learn the Top Ten Things to Do.



Senior Services hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.

Sign-Up Programs (cont.)

June Lunch \$5 - *In Person*

Tuesday, June 14, 12:00 - 1:00 p.m.

Enjoy a breaded chicken sandwich, tomato garden vegetable soup and strawberry cheesecake for dessert.

Sponsored by the FCOA.

5 business days notice required for refund.



Music from the 60's & 70's with Matt Carbonello - *In Person*

Tuesday, June 14, 2:00 - 3:00 p.m.

Matt will be playing many favorites of the 60's, 70's, hits from artists like Beatles, The Doors, Rolling Stones, Neal Young and more.



Initiating the Caregiving Conversation - *Virtual*

Tuesday, June 14, 6:30 - 8:00 p.m.

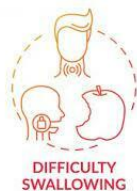
Join Julie Norstrand, an eldercare consultant, as she shares ideas about preparing for caregiving. Julie finds most caregivers enter into this role with little or no planning, waiting for the situation to reach a crisis point, making the experience more challenging and stressful. This webinar is optimal for people who are starting to notice their loved ones experiencing aging-related physical and/or mental deterioration that they know they need to address as future caregivers.



Nutrition Talk: Dysphagia and Diet - *In-Person*

Friday, June 17, 11:00 a.m. - Noon

Dysphagia (chewing and/or swallowing disorder) can occur in the older population for many reasons. Come learn about the signs and symptoms of dysphagia and which diet can help in the management of the disorder.



Cooking with Anastasia -

Stuffed Zucchini w/Lemon Sauce - *Virtual*

Friday, June 24, 11:00 a.m. - Noon

Always delicious and fresh from the garden in June, we'll cook stuffed zucchini, Greek style. Dr. Anastasia Galanopoulos uses a trauma-informed lens to focus her work with clients on strengthening relationships and cooking for mental health in both preventative and therapeutic ways.



Sign-up begins April 20 for residents/April 27 for nonresidents at 781-698-4840 or online at LexRecMa.com

Free Drop-In Programs

Needles Club:

Mondays, May 2 - June 27, 2:00 - 4:00 p.m.

Watercolors:

Tuesdays, May 3 - June 28, 10:00 a.m.

Indian Seniors of Lexington Group:

Tuesdays, May 3 - June 28, 10:00 a.m.

World Affairs:

Tuesdays, May 3 - June 28, 1:15 p.m.

Mahjong:

Wednesdays, May 4 - June 29, 10:00a.m.

Bridge:

Wednesdays, May 4 - June 29, 1:00 p.m.

Cornhole:

Wednesdays, May 4 - June 29, 1:30 p.m.

Canasta:

Thursdays, May 5 - June 30, 11:00 a.m.

Current Events:

Fridays, May 6 - June 24, 1:15 p.m.

Computer & Technology Group - Zoom Wednesdays, May 3 - June 28, 10:00 a.m.



The Lexington Computer and Technology Group (LCTG) is a volunteer, no-cost, not-for-profit, just-for-fun-and-education organization to discuss a wide variety of technical issues. To sign-up:

LCTG-subscribe@toku.us

Movies - Tuesdays at 1:30 p.m.

West Side Story - May 10

Musicals, Romantic Dramas PG-13 (156 min.)

Together Together - May 24

Comedy, R (90 min.)

Finding You - June 7

Romance Comedy, PG (115 min.)

The Way Way Back - June 21

Comedy, PG-13 (115 min.)



Podiatry Clinic

Monday, May 2 & June 6, 8:30 - 11:45 a.m.

Dr. Dan Seligman provides 10-minute appointments for trimming and filing ONLY. \$35 cash or check payable to the doctor. 24 hours notice required for cancellation.

Sign up begins April 20 at 781-698-4840.

Please note: at the doctors's request appointments are made in order starting at 8:30 a.m.

Fix-It Shop

Your local hub for small household repairs!

Open Tuesday, Wednesday & Thursday. 9:00 a.m. - 12:00 p.m.



Accepting repairs by appointment only.

Please call 781-698-4866 or 781-698-4840.

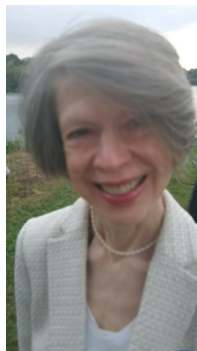
OWLL Courses



OWLL'S Spring Program
Registration Required
Sign up at 781-698-4840 or
online at [LexRecMa.com](https://www.lexrecma.com)

NEW! In person at the Community Center
Composers in Exile: Those Who Fled the Nazis,
with Dotty Burstein,
5 Thursdays, May 5, 12, 19, 26, June 2, 10:00 a.m.–Noon

For Jewish composers living in Germany and Austria in the early 1930s, the rise of Nazism brought with it a stark choice: face an unknown but increasingly hostile future, or abandon one's cultural heritage for the relative safety of the U. S. We shall explore the lives of those composers and the works they produced.



For more information, call Human Services at 781-698-4840. Find detailed course and instructor information on our website at <https://friendsofthecoast.org>.

\$25 for residents, \$50 for nonresidents.
Signups begin April 20 for residents/April 27
for nonresidents at 781-698-4840 or online at
[LexRecMa.com](https://www.lexrecma.com)

Mental Health Awareness

Card-Making Workshop,

Wednesday, May 4, 4:00 – 5:00 p.m.

Community co-sponsored program:
 Munroe Center for the Arts
 Intergenerational. Art has been known to help people improve their mental health. Join with friends of all ages to create some springtime cards in a fun, creative atmosphere. Participants will be provided with a range of different papers, stamps, paper punches, and templates for creating special occasion cards such as birthdays, Mother's Day, and more. The event is free, but registration is required. **This will take place at Munroe Center for the Arts, 1403 Mass. Avenue.** Find out more and register for this program: www.MunroeCenter.org/Intergenerational-Art



Trips

Nantucket Fast Ferry, Thursday, May 26 **\$109 (resident) \$119 (NR)**

Set sail at 9:30 a.m. for a one hour cruise to Nantucket. You will have time to take in the exciting shops and explore the art galleries on your own. Experience its colonial American architecture and atmosphere, along with its wide variety of activities and miles of sandy beaches. Great restaurants, shops, as well as The Old Historic Town, whaling museums and much more. ***Meals not included in this trip.**
Depart: 7:00 a.m. (LCC) Return: 7:30 p.m.



Casablanca By The Sea, Thursday, June 23 **\$99 (residents) \$109 (NR)**

Enjoy the scenery as you head north to "The Pine Tree State." A delicious, full course luncheon will be waiting for you at the Bull & Claw restaurant. Enjoy entrees of fresh garden salad, potato, vegetable, beverage and a delicious dessert. After lunch, today's special treat will be a 90 minute narrated Portland harbor cruise on the Bay View Lady. After your cruise you'll have time for shopping & browsing at Portland's newly renovated Old Port.



Depart: 9:00 a.m. (LCC) Return: 6:30 p.m.

Cape Cod Canal Tour, Thursday, July 14 **\$89 (residents) \$99 (NR)**

Travel to beautiful Cape Cod, where you'll arrive in Sandwich, the oldest town on the Cape. You'll drive along the Sandwich Boardwalk, overlooking marshes and offering clean, fresh salt air breezes. At 11:30 AM, you'll arrive at the Daniel Webster Inn, for The Grand Buffet. After lunch enjoy a narrated two hour cruise of the Cape Cod Canal. You'll learn the history of this important maritime resource and how it has boosted New England commerce since its inception.



Depart: 8:30 a.m. (LCC) Return: 5:30 p.m.

Trip Policy/Sign Up: Payment (cash, check or credit card) required at sign-up. **Sign up starts right away as we need to meet minimum requirement so the trip isn't cancelled.** Itinerary subject to change upon discretion of the tour guide.

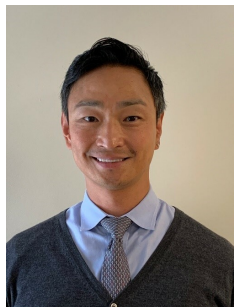
Refunds: You must provide 10 business days prior to the trip to be eligible for a refund. Without adequate notice, refunds are made at staff discretion and overnight trips may be subject to a \$50 cancellation fee.

Important: Per CDC guidelines, masks will be required at all times while traveling on the bus. FoxTours is requiring all passengers have the COVID-19 vaccine as a pre-requisite to travel. Please bring your vaccination card with you.

Sign up begins April 20 for residents/April 27 for nonresidents.
Sign up at 781-698-4840 or online at [LexRecMa.com](https://www.lexrecma.com)

Health and Wellness

Meet Our New Senior Health Outreach Clinician



Wai-Kwok Chong joined us in February to fill the position that was formerly the Human Services Nurse role. Recently when we posted this open position, we chose to broaden the role to include other types of health professionals. Wai (pronounced like "why"), has many years of experience working as a pharmacist and in pharmaceutical sales. He brings

with him a wealth of knowledge about medication management, side effects, drug interactions, and symptom management. He also maintains his National Immunizer certification and has recently assisted the Health Office with flu vaccine clinics. Wai is energetic, organized, and incredibly personable. Wai will see our homebound seniors regularly and will also provide programming and articles on a variety of health topics. He will also collaborate with our public safety colleagues on community programs and initiatives. Wai will be an asset to our team and to the seniors of Lexington. Please stop by to meet Wai when you are in the building. He works Tuesday through Thursday 8:30 a.m. – 4:00 p.m. You can also catch him during our staff **Meet & Greet on April 27 at 10:00 a.m. or at our Blood Pressure Clinics (below.)**

Blood Pressure Clinics

Thursday, May 12, 10:00 - 11:30 a.m.

Thursday, June 9, 10:00 - 11:30 a.m.

(Drop-in, no registration required.)



Intuitive Eating Support Group - In Person

Friday, May 13 & June 10, 1:00 - 2:00 p.m.

For people that are interested in sharpening their intuitive eating skills to make better life style changes around food and physical activity. Join others that want to support each other in making those changes.

Please email Barbara at

bcollins@lexingtonma.gov if interested in joining.



Barbara Collins is a registered dietician nutritionist working with seniors on life changes in regards to nutrition and healthy eating, as well as running a support group for those interested in intuitive eating.

Barbara is available for one-on-one appointments to discuss diet and nutrition options for seniors.

Barbara's hours are 10:00 a.m. – 2:00 p.m. on Fridays
To make an appointment call 781-698-4840

Health Clinician Corner by Wai Chong, RPh.

New Pneumococcal Vaccine Recommendations for Adults



The pneumococcal vaccines can protect against the bacterium *Streptococcus pneumoniae*. Their use can prevent some cases of pneumonia, meningitis, and sepsis. Two new pneumococcal vaccines were approved by the FDA last year.

Prevnam 20 from Pfizer (6/8/2021), and Vaxneuvance from Merck (7/16/2021). These vaccines are available in addition to the existing Pneumovax 23 and Prevnam 13, which can create confusion as to which one(s) to get for the best coverage. The CDC projects the new vaccines will reduce overall contraction of pneumococcal disease and healthcare costs.

The CDC now recommends all adults 65 and up, or 19 to 64 with risk factors (cancer, diabetes, smoking, etc) to get Prevnam 20 alone OR Vaxneuvance PLUS Pneumovax 23 after one year depending on risk factors and vaccine history. After that, no boosters are needed.

The guidelines don't recommend one strategy over another, and both Prevnam 20 and Vaxneuvance will be covered by Medicare Part B.

To put it more simply,

if you are 65 or older OR age 19-64 with risk factors and you've had:

- **No prior pneumococcal vaccine:** get 1 dose of Prevnam 20.
- **Prior Pneumovax 23 only:** consider getting 1 dose of Prevnam 20 after 1 year.*
- **Prior Prevnam 13 only:** consider getting 1 dose of Pneumovax 23 after 1 year.*
- **Prior Prevnam 13 and Pneumovax 23:** don't get Prevnam 20 or Vaneuvance for now. There isn't data available yet on whether getting one of the new vaccines adds much benefit.

*Recommended follow up vaccine is based on the type of vaccine (conjugate or polysaccharide) you have already received and is determined by your medical provider.



Also, you can get pneumococcal vaccines with other vaccines (COVID-19, etc) if needed. CDC guidelines do not indicate any concerns with combining vaccines in one visit.

References:

<https://bit.ly/3Nfr7DX>

<https://bit.ly/3iwPi2B>

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 - Podiatry \$ * 12:00 - LexCafe \$ * 2:00 - Needles Club 2:00 - Musical Journey Through the Years *	3 10:00 - Watercolors 10:00 - Indian Seniors 11:45 - Indian Lunch \$* 1:15 - World Affairs 5:30 - Caregivers	4 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Hearing Aid* 1:30 - Cornhole 2:30 - COA Meeting	5 10:00- OWLL: Comp.\$* 11:00 - Canasta 1:30 - Alz. Caregiver 2:00 - Improve Sleep*	6 12:00 - LexCafe \$ * 1:15 - Current Events
9 10:00 - Exp. Art * 12:00 - LexCafe \$ * 2:00 - Needles Club	10 10:00 - Watercolors 10:00 - Indian Seniors 1:15 - World Affairs 1:30 - Movie	11 10:00 - Mahjong 11:30 - Tech Howard* 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	12 10:00- OWLL: Comp.\$* 10:00 - Blood Pressure 11:00 - Canasta 2:00 - Improve Sleep*	13 11:00 - Cooking with Anastasia * 12:00 - LexCafe \$ * 1:00 - Int. Eating * 1:15 - Current Events 1:30 - MMSS Presentation *
16 12:00 - LexCafe \$ * 2:00 - Needles Club	17 10:00 - Watercolors 10:00 - Indian Seniors 11:45 - Indian Lunch \$* 1:15 - World Affairs	18 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:00 - Dale Tamburo * 1:30 - Cornhole	19 9:30 - FCOA Meeting 10:00- OWLL: Comp. \$* 12:00- May Lunch * 11:00 - Canasta 1:30 - Alz. Caregiver 2:00 - Improve Sleep* 6:30 - Gut Health *	20 11:00 - Nutrition Talk * 12:00 - LexCafe \$ * 1:15 - Current Events
23 12:00 - LexCafe \$ * 2:00 - Needles Club	24 10:00 - Watercolors 10:00 - Indian Seniors 1:15 - World Affairs 1:30 - Movie	25 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	26 7:00 - Trip \$ * 10:00- OWLL: Comp. \$* 11:00 - Canasta 2:00 - Improve Sleep*	27 12:00 - LexCafe \$ * 1:15 - Current Events
30 CLOSED 	31 10:00 - Watercolors 10:00 - Indian Seniors 1:15 - World Affairs	 Key Code: Registration Req. * Fee for program \$		

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 2:30 - COA Meeting	2 10:00- OWLL: Comp.\$* 11:00 - Canasta 11:00 - Home Safety * 1:30 - Alz. Caregiver	3 12:00 - LexCafe \$ * 1:15 - Current Events
6 8:30 - Podiatry \$ * 12:00 - LexCafe \$ * 2:00 - Needles Club 2:00 - Classic Songs *	7 10:00 - Watercolors 10:00 - Indian Seniors 11:45 - Indian Lunch \$* 1:15 - World Affairs 1:30 - Movie 5:30 - Caregivers	8 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:00 - Dale Tamburo * 1:30 - Cornhole	9 10:00 - Blood Pressure 11:00 - Canasta	10 12:00 - LexCafe \$ * 1:00 - Int. Eating * 1:15 - Current Events
13 10:00 - Exp. Art * 12:00 - LexCafe \$ * 2:00 - Needles Club	14 10:00 - Watercolors 10:00 - Indian Seniors 12:00 - June Lunch \$* 1:15 - World Affairs 2:00 - Music w/Matt * 6:30 - Caregiver Conversation *	15 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	16 9:30 - FCOA Meeting 11:00 - Canasta 1:30 - Alz. Caregiver 6:30 - Food=Medicine*	17 11:00 - Nutrition Talk * 12:00 - LexCafe \$ * 1:15 - Current Events
20 CLOSED 	21 10:00 - Watercolors 10:00 - Indian Seniors 11:45 - Indian Lunch \$* 1:15 - World Affairs 1:30 - Movie	22 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	23 9:00 - Trip \$ * 11:00 - Canasta	24 11:00 - Cooking with Anastasia * 12:00 - LexCafe \$ * 1:15 - Current Events
27 12:00 - LexCafe \$ * 2:00 - Needles Club	28 10:00 - Watercolors 10:00 - Indian Seniors 1:15 - World Affairs	29 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	30 11:00 - Canasta	Key Code: Registration Req. * Fee for program \$

Transportation

May is Bike Month!

Check our website: www.lexbikewalkbus.org for resources and events including Breakfast on the Bikeway and more!

Cycling with Confidence Group Rides

(Ages 60+)

Saturday, May 7, 10:00 a.m. - Noon

Saturday, June 4, 10:00 a.m. - Noon



LexBikeWalkBus.org

Led by a Certified Cycling Instructor & the Friends of Lexington Bikeways, join other older adults for a recreational bike ride. Rides will be no longer than 4 miles and will have a short break midway. Sessions start with a short safety review and Q&A as needed, and most of the time will be spent cycling together. Bring your helmet, well-tuned bike, and closed-toe shoes. You may also like to pack water and snack.

Registration required for each ride. Courtesy of Friends of Lexington Bikeways! Register at www.lexbikewalkbus.org

Spring Walk Series: May 11 & May 18

Join the Greenways Corridor/ACROSS Lexington members in two guided walks that are located along Lexpress bus routes! It is a great way to familiarize yourself with the bus, enjoy some beautiful walks, and make new friends. For more information, and to sign up, visit: www.lexbikewalkbus.org

Breakfast on the Bikeway, Friday, May 20, 6:30 - 9:30 a.m., Depot Building, facing bikeway (13 Depot Square)

Whether you bike, walk, or take the bus through the Depot, stop by this morning for breakfast goodies, giveaways, information, and a free bike safety check!

Lexpress Bus Service

Lexpress is still free for seniors and people with disabilities midday from 9:30 a.m. - 2:30 p.m. and just .75 cents outside of those hours! Visit www.lexpress.us for more info.

All Lexpress routes start and end at Depot Square in Lexington Center. Lexpress is a "flag" system. Wave to driver as you wait along route to have bus stop. Low-income? Call us to see if you qualify for a free bus pass. Live too far from the route? Call us to discuss route deviation. 781-861-1210

MBTA Senior Charlie Cards Online!

You can apply for Senior Charlie Cards online!

<https://www.mbta.com/fares/reduced/senior-charliecard>

MBTA Bus Schedules

The schedule changes every few months. Please review the schedules online for Route 62 & 76 and the combined 62/76: www.mbta.com We also keep paper schedules at the Community Center, Cary Library, and Town Office Building. We also have one stop of Route 78 in Lexington!

Free rides to Medical Ride Appointments

Call FISH at 781-861-9300 between 9AM-1PM two days before your appointment. (Note, they are also accepting volunteers if you are interested in volunteering for this fabulous program!)

Lex-Connect Taxi

This is a subsidized taxi program providing discounted rides to 17 area towns. To purchase your vouchers online visit our website: www.lexingtonma.gov/transportation-services

Veterans

Lexington/Bedford Veterans Services

The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.



Lexington Veterans Association

Join us for our next presentation via Zoom webinar. It's free and open to the public. A Zoom link will be available on our website www.lexmavets.com a few days before each presentation.

Monday, May 9, 2022, 1:15 p.m.

"Major Tank Battles of World War II"

Presented by Hunter Chaney, Director, American Heritage Museum. Once Germany launched Operation Barbarossa on June 22nd, 1941, to invade Russia, the role of the tank forever changed the dynamic of the battle scape during WWII. Allied forces moved quickly through the North African campaign into Italy and down from the north during the Normandy landings with hundreds of thousands of tanks leading the way. Hunter Chaney will discuss the major tank battles of WWII while highlighting the design and implementation of the most popular tank models used by the Allied and Axis forces.



Monday, June 13, 2022, 1:15 p.m.

"Pirates from the Caribbean to the Mediterranean: USS Constitution's Early Missions to Protect Global Trade"

Presented by Carl Herzog, Public Historian, USS Constitution Museum. The USS Constitution's original mission in 1794 was to protect American merchant ships in the Mediterranean from the Barbary pirates of North Africa. By the time she was launched, however, the threat to American trade had shifted to the Caribbean, where French privateers were seizing American merchants. Before becoming known as "Old Ironsides", Constitution spent a tumultuous decade participating in conflicts on both sides of the Atlantic to protect America's rapidly growing global trade -- a Navy role that continues through today.



Outreach

Lexington Goes Purple Returns For the 6th year *Community Members to raise awareness and support for Dementia patients and caregivers*



Lexington Goes Purple, Lexington's annual awareness and fundraiser for the Alzheimer's Association, is returning for a sixth year this May.

Lexington residents are invited to participate in our programs and activities:

Sign up to display a Lexington Goes Purple lawn sign at bit.ly/LexPurpleLawnSign. We will deliver a lawn sign to your front yard on or around May 15 and collect it by June 30.

Attend one of our lectures:

On Tuesday May 24 at 7:00pm the Lexington Community Center (39 Marrett Road) will host a lecture on "Healthy Living for the Brain and Body: Focus on Nutrition" with Paul F. Jacques, DSc Senior Scientist and Team Leader of the Nutritional Epidemiology Team at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University and Josh Obeiter, Community Educator with the Alzheimer's Association.

On Thursday June 2 at 7:00pm, Cary Library will host a community conversation with Elizabeth Chen, Massachusetts Secretary of Elder Affairs (and Lexington resident).

On Tuesday June 7 at 2:30pm, Bridges at EPOCH (56 Watertown St. Lexington) will host an insightful presentation to learn the differences between the effects of normal aging and the warning signs of dementia presented by Alicia Seaver, EPOCH Senior Living's VP of Memory Care Operations and Certified Memory Impairment Specialist.

Join the Purple Puppy Promenade! Dress your pooch in purple and gather with us at the Lexington Depot at 9:30am on Saturday June 11. We will parade our dogs along Mass Ave. to our agility playing field where they can show off their costumes and tricks. Prizes will be awarded for most creative costumes and best agility skills.

More activities are being planned. For more information, including how to register for events, check out our web page at bit.ly/LexPurple or go to the Lexington Goes Purple Facebook page.

For more information - or to get involved - please contact Faith Parker fkparker@comcast.net, Jeanne Krieger kriegerjk44@gmail.com or Innessa Manning Innessa_manning@yahoo.com.

Lexington Goes Purple is part of the Alzheimer's Association's "The Longest Day" fundraiser. All proceeds benefit the research, advocacy and support services provided by the Alzheimer's Association. For more information about The Longest Day and the Alzheimer's Association, visit: Alz.org.

Senior Tax Program New Guidelines:

- Participants will receive an hourly rate of \$13.50.
- The maximum credit a household may earn is \$1,755 including all withholdings per fiscal year.
- The maximum number of hours per household is 130.

Participation Requirements:

- Applicants must be 60 years of age or older.
- Applicants must own property in Lexington that serves as their principal residence.
- Gross income (including **SSI income**) must not exceed \$90,000 (2020 tax return) per household (regardless of single or married status)
- Applicant's job skills must match those of an available placement within the municipality.
 - Determination of this may include an interview with the department
 - Successful match of a participant to a department will determine official acceptance into the program.
 - No participant shall be assigned work that does not match their interests and/or abilities.
- Applicants are subject to a Criminal Offender Records Investigation check.

For more information call Paula McGlynn at 781-698-4845.

Property Tax Relief for Seniors

If you are a Lexington senior aged 65 or older with a 2020 gross household income of \$90,000 or less, you can postpone paying all or any part of your property tax bill and let the value of your house pay the tax bill later.

Fiscal Year 2022 deferrals will enjoy a very low simple interest rate of 0.08%. Each year's deferral is like an individual loan that doesn't have to be paid back during your lifetime or your qualifying spouse's lifetime unless home ownership is transferred or you choose to pay it off.

Call the Assessor's Office at 781-698-4578 for information about Lexington's Property Tax Deferral Program and other local tax programs.



Mass "Senior Circuit Breaker" Tax Credit

If your property tax (or 25% of your rent) exceeds 10% of your gross income, you may be eligible for a payment or tax credit from the State.

Call the Assessor's office at 781-698-4578 or visit <https://tinyurl.com/2b8pb5rt> for more information.

Community News

Lexington Recreation and Community Programs



*Pine Meadows
Golf Club*



Lexington's Pine Meadows Golf Club opened on March 25! Exciting seasonal and part-time employment opportunities are now available for the 2022 season. We are looking for individuals with personality and customer service skills for the Pro Shop and Starter/Ranger positions. Positions in Course Maintenance are also available. All positions provide golf benefits. For more information please contact: John Allen, GM, Pine Meadows Golf Club, New England Golf Corporation, cell: 617-538-1082, e-mail: ja4neg@verizon.net

Check out all we have to offer with our Spring Brochure:

issuu.com/lexrecreation/docs/lex_spring_2022-single_pages

and Summer Brochure:

issuu.com/lexrecreation/docs/lex_summer_2022-final-single_page

Fairy House Workshop: April 29 at 3:00 p.m. Learn how to use natural materials to build fairy house in preparation of Lexington's Fairy Homes & Garden Tour. Please register in advance at lexrecma.com



Spring 2022 Lexpress Bus & Walk Series

Put a SPRING in your step with one or more of these walks!

Walks are organized by Citizens for Lexington Conservation, in cooperation with Lexington Human Services. All walks will be on unpaved surfaces with the challenge of occasional roots and stones. Wear comfy shoes and dress for the weather. Optional: bring water, snack, camera, and walking stick, if you like! Transportation will be via Lexpress, no bus fare required between 9:30AM-2:30PM for seniors. Steady rain cancels. No rain dates. Registration Required. Visit www.lexbikewalkbus.org to register or call 781-698-4820.

May 11- Turning Mill/Willards Woods/Chiesa Farm/Parker Meadow:

This 3+ mile walk will traverse four Town Conservation areas ending at Depot Square via the Minuteman Bikeway. Historical highlights will include the foundations of an old mill site as well as the terraced remains of a former botanical garden. The grades will be gentle with the opportunity to rest on the benches outside the Diamond Middle School mid-way through the walk.

Details: Please join your guide, Keith Ohmart, in time to catch the 9:30AM Route A1 Lexpress bus from the Depot in Lexington Center (He will be holding a Lexpress Walk sign), or if you live along the A1 route, board at your local outbound stop. This walk will last approximately 2.5 hours, with participants returning to the Depot in Lexington Center.

May 18: Arlington Res/Arlington's Great Meadows/Tower Park:

This 2.5 mile walk will wend its way past a variety of habitats including the Arlington Reservoir, LexFarm's agricultural fields, along with views over Lexington's only peat bog in Arlington's Great Meadows. We will end our walk at the Community Center. Bird watching along the way should be good so bring binoculars if you wish.

Details: Board the 9:30AM Route C Lexpress bus from the Depot in Lexington Center, or meet your guide, Keith Ohmart at the 9:36 stop at the Community Center, or board along the way. (He will be holding a Lexpress Walk sign). We will depart the bus at the Arlington Reservoir and return to the Community Center on foot where the C Lexpress bus may be taken back to the Depot. Walk will last approximately 2 hrs.

Walk Massachusetts Challenge Kick Off Event Saturday, April 30, 1:00 - 3:00 p.m. at the Lexington Track Sign up under Special Events: LexRecMa.com

Lexington Human Services together with Recreation and Community Programs is excited to be a part of Walk Massachusetts Challenge. Walk Massachusetts is a community-wide walking challenge running May 1 - October 31, and is open to community members aged five and over. Each participant chooses from one of four predetermined challenges which are based on distance or frequency. Individuals who complete the challenge receive raffle prize entries for themselves and their council on aging. Individual prizes include gift cards of Visa (\$50), Amazon (\$25) and Dunkin' (\$10). Councils on Aging prize levels range \$250-1,000!

An annual program run by the Massachusetts Councils on Aging (MCOA), the Walk Massachusetts challenge returns with a major improvement this year: Originally designed for adults aged 60 and above, Walk Massachusetts is now an intergenerational initiative. Anyone aged 5-59 years old is encouraged to participate by walking and sponsoring an older adult of their choice! "Having a classroom of 5th grade children sponsoring older adults, strengthens ties within the community, improves one's health and may be a catalyst for additional intergenerational learning" said Lynn Wolf, MCOA's Communications Manager. Visit www.walkmachallenge.com for more information.



Community News

Town of Lexington Water Meter Replacement Project

The Town of Lexington Department of Public Works - Water Division has started its meter change-out program and has been installing new water meters and remote reading devices throughout town. This installation work is being done by a private contractor, Thielsch Engineering. All installers have participated in COVID-19 sanitary training and will be outfitted with personal protection equipment. The installers will have ID Badges and clearly marked vehicles. Please visit <http://wms.thielsch.com/schedule> for more info.



When you receive a post card requesting you to schedule your meter replacement, please set this appointment up at your earliest convenience. Call Thielsch Engineering at their toll-free number 1-888-709-9944 between 8:00 A.M. and 4:00 P.M. Monday through Friday to schedule an appointment; or log on to <http://wms.thielsch.com/schedule>. **Please do not contact the Town of Lexington to make this appointment.**

If you haven't received a postcard from Thielsch yet, expect to see one in the mail in the coming months. We have broken the town up into sections to organize this project and some areas have not been targeted yet. If you have already had your meter replaced by Thielsch, we thank you for your cooperation.

Your participation in this project is mandatory, and your collaboration is appreciated. Our new metering system will benefit both the utility and our customers by providing a more accurate billing system, easy access to meter reads and usage trends, and the option to sign up for leak alerts.

Thank you,
Lexington Water and Sewer Department

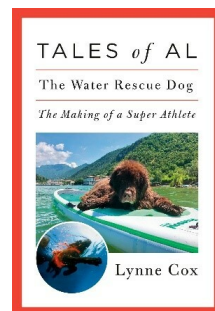
WindowPane Shop Update

The Windowpane Shop has closed. The Shop began at Muzzeys Senior Center and moved here to the Community Center when doors opened in 2015. The Shop was always filled with wonderful gently used household items, clothing, cards, and accessories for purchase, which a small group of dedicated volunteers curated (sometimes in their own garages!) We have great appreciation for the years of volunteer service that went into providing this gem to our community. It is time for the next chapter for many of those wonderful volunteers, as well as for the Community Center.

We will be looking at ideas for how to use that space to best serve the community moving forward. Until then, we would like to publicly thank all of the volunteers who put so much time and effort into running the Windowpane Shop. It would not have continued for so many years without all of them. Their contributions to running the Shop directly impacted the entire Senior community, as proceeds from the Shop were used to subsidize our special lunches, programs, and trips.

Tales of Al, Wednesday, May 25, 7:00 - 8:00 p.m.

Human Services along with Cary Memorial Library Book Talk: Tales of Al From the author of *Swimming to Antarctic* and *Grayson*—the moving, inspiring story of Al, the ungainly, unruly, irresistible Newfoundland puppy who grows up to become a daring rescue dog—part of Italy's elite, highly specialized corps of water rescue dogs who swoop out of helicopters and save lives.



Lynne Cox, internationally famous for swimming the world's most difficult waterways without a wet suit, and able to endure water temperatures so cold that they would kill anyone else, recognizes and celebrates all forms of athleticism in others, human or otherwise. When she saw a video of a Newfoundland dog leaping from an airborne helicopter into Italian waters to save someone from drowning, Cox was transfixed by the rescue, and captivated by the magnificence, physicality, and daring of the dog.

Lynne Cox was born in Boston, Massachusetts, and grew up in Los Alamitos, California. She set open-water swimming records all over the world, swimming without a wet suit. She was inducted into the International Swimming Hall of Fame. Her articles have appeared in many publications, among them *The New Yorker*, *The New York Times*, and *Angeles Times Magazine*. Cox lives in Long Beach, California.

To order book: <https://bit.ly/3NciVZ>

Sign up through Cary Library: <https://bit.ly/3qtA1E2>

Cary Library - Door to Door

Can't get out of the house? We'll bring the library to you!

Do temporary or permanent limitations keep you at home? You can still use Cary Library services!

For those already enrolled, please call Heather Vandermillen at 781-862-6288 ext. 84414 to arrange for a delivery to be brought to you.

Not enrolled?

Sign up by completing the [Door-to-Door registration form](#). You may submit it online or mail the completed form to:

Cary Memorial Library
Attn: Heather Vandermillen
1874 Massachusetts Ave.
Lexington, MA 02420



Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

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Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

Lex Cafe - Senior Dining (age 60 plus)

Lunch: Monday, Wednesday, and Friday, 12 noon. To make a reservation or cancellation please call Despina at 781-325-1613 by 10:00 a.m. the previous day. Weekly menus can be found in the dining room at the Community Center. Suggested donation is \$2. Menus subject to change. Deluxe meal site is coordinated by Minuteman Senior Services.

Minuteman Senior Services Indian Meal (age 60 plus)

Join us the first and third Tuesday of the month from 11:45 a.m. to 12:45 p.m. for a vegetarian Indian meal. *Sign-up for May 3 begins April 25 and ends April 29 at 10 a.m., May 17 begins May 9 and ends May 13 at 10 a.m. Sign up for June 7 begins May 31 and ends June 3 at 10 a.m., June 21 begins June 13 and ends June 17 at 10 a.m. and ends June 3 at 10 a.m.* **Food orders are called in the Friday before the lunch - no exceptions.**

Suggested donation is \$2. To make a reservation or cancellation please call Despina at 781-325-1613.

Newsletter

The Sage newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Offices, Cary Library, or at the Community Center. Please consider helping us "Go Green" and save money on printing and postage by getting your newsletter by e-mail. If you would like to receive the newsletter electronically, please sign up at www.lexingtonma.gov/email

To be removed from the Post Office mailing please email gjefferson@lexingtonma.gov

The Friends of the Council on Aging (FCOA)

Suzanne Caton * Peter Holland, President * Sudhir Jain * Janice Kennedy

Mickey Khazam * Lorain Marquis * Shirley Stolz * Jane Trudeau * Chris Worcester * Emery Wilson

The "Friends" is a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals, and services. They meet virtually at 9:30 a.m. on the 3rd Thursday of every month. For more information please visit their website at <http://www.friendsoftheco.org>. If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center. Mail to P.O. Box 344, Lexington, MA 02420.

The Council on Aging Board

Betty Borghesani * Ellen Cameron, Vice-Chair * Camille Goodwin * Sudhir Jain

Jyotsna Kakullavarapu * Julie Ann Shapiro, Co-Chair

Sandra Shaw * Bonnie Teitleman, Secretary * John Zhao, Co-Chair

The COA Board meets monthly virtually. The next meetings are **May 4 & June 1 from 2:30 - 4:00 p.m.** Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues. The COA Board invites you to attend.

Your Public Officials

Jill Hai, Chair * Douglas M. Lucente, Vice-Chair * Joseph N. Pato * Suzanne E. Barry * Mark Sandeen

The Select Board members have office hours by appointment only to meet with interested citizens to receive comments, suggestions, and concerns. Reach the Select Board's Office by phone at 781-698-4580 or at

<https://www.lexingtonma.gov/select-board>